

Michael F. Easley
Governor



State of North Carolina
Office of the Governor

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GOV. EASLEY ANNOUNCES ALL 100 COUNTIES PARTICIPATING IN HEALTHY NC MONTH
From the mountains to the coast, North Carolina is getting healthy

RALEIGH – Governor Mike Easley today announced that groups and organizations in all 100 counties are sponsoring events as part of September 2004's *Healthy North Carolina Month*.

"*Healthy North Carolina Month* is a great opportunity for all North Carolinians to educate themselves about health-related issues and activities," said Easley. "I am pleased that all 100 counties in North Carolina are sponsoring events that encourage healthy lifestyles."

Activities, ranging from wellness fairs to 5K walks, are being held in every county and at a variety of times and days during September to accommodate all schedules. The events target various health issues, such as cancer, osteoporosis, and diabetes. Several state-sponsored activities are being held as well. For information regarding all *Healthy North Carolina Month* activities, visit www.healthync.com.

In May, the Governor proclaimed September as *Healthy North Carolina Month* and encouraged all 100 counties to participate by sponsoring prevention, wellness or fitness activities. The goal of *Healthy North Carolina Month* is to raise awareness about health issues and to encourage North Carolina citizens to engage in healthy activities.

Chronic disease accounts for 75 percent of health care expenditures nationally. Preventable and controllable diseases including asthma, diabetes, cancer and heart disease cost the government and private employers billions of dollars every year. From 1995 to 2002, diabetes increased in North Carolina by 75 percent. In 2002, diabetes-related hospitalization costs in the state totaled \$2.4 billion.

The N.C. Division of Public Health has coordinated this initiative and worked with community leaders in each county to organize *Healthy North Carolina Month* wellness activities.

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